



# Two Dog Yoga

## Yoga for Body Workers

with Irene Alexander, LMP



Sunday March 21, 2010 \* 2 - 4:30 PM



This workshop will help you care for yourself as well as your clients. We will focus on postures that balance the demands of bodywork -- releasing tightness in your shoulders and upper chest, stretching and strengthening your hands, wrists and forearms, as well as practices to nurture yourself and replenish your store of giving energy. We will also explore the movement patterns, postural alignment and stabilizing techniques that yoga offers to help you maintain body awareness and body mechanics, and be more effective, while doing your work (and everywhere else). In addition, you'll learn stretches and strengthening exercises to share with your clients. **No yoga experience necessary.**

**Irene** is a licensed massage therapist and craniosacral therapist, and has been teaching yoga since 2004. She believes self-care is vitally important to cultivate in order to be an effective practitioner of the healing arts. She is continually inspired by the power of yoga to transform bodies and lives.

\$35; Pre-registration requested  
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